

## Food - Drug Interactions

**Does the food you eat affect the medicine you are taking?**

**Isocarboxazid (Marplan®)**  
**Phenelzine (Nardil®)**  
**Tranlycypromine sulfate (Parnate®)**

**What are these medications used for?**

To treat depression and anxiety.

**What foods should I avoid if I take these medications?**

Alcohol	Caffeine	Coffee
Soda Pop	Chocolate	Smoked Fish
Bologna	Liver	Pickled Fish
Pepperoni	Salami	Broad Beans
Sauerkraut	Avocado	Raspberries
Soy Sauce	Peanuts	Soya Beans
Snow Peas	Caviar	Summer Sausage
Fava Beans	Miso Soup	Cheese



**What could happen if I take isocarboxazid, phenelzine, or tranlycypromine sulfate and these foods at the same time?**

Headache	Sweating
Nausea	Vomiting
Neck stiffness	Blurred vision
Dizziness	Fast, pounding heartbeat
Tightness in your chest or throat	

